

## ABSTRACT

An information recording method capable of properly forming a width of a central portion of a recording mark, an information recording apparatus and an information recording medium are provided. The present invention includes the steps of generating a pulse train including a first pulse and a second pulse and forming at least one of a recording mark and a space onto an information recording medium by irradiating the pulse train onto the information recording medium while rotating the information recording medium at a certain linear velocity. The first pulse is a pulse for forming a central portion of the recording mark, among the recording mark and the space. The second pulse is a pulse for forming a portion other than the central portion of the recording mark, among the recording mark and the space. The step of generating the pulse train includes a step of determining a power level of the first pulse in accordance with the linear velocity and a power level of the second pulse.